**TANTRIC JOURNEY TREATMENT CARD FOR FEMALE**

*Stages of the Treatment Sessions may vary from client to client and from session to session. Stages may not be consecutive, and a client can start and finish at any stage:*

Establish Connection and Trust:

1. Talking, listening, explaining the features, benefits of and reactions to of the Tantric Journey sessions
2. Having a shower / steam to wash off negative emotions and to relax the body
3. Exploring tantric rituals to open up one or more of the five senses (touch, hearing, smell, taste, sight) to establish a deeper connection, trust and unconditional love

Stage 1

Introduction to “touch” in a safe and sacred environment, while acknowledging the emotions flowing in the moment. Introductory Body massage (full or part body which is acceptable to your comfort zone) will be given, incorporating stretching the body into Yoga postures. You will be fully clothed and a female chaperon can be present, if you choose.

Stage 2.

Training on Kundalini Meditation and Deep breath-work using sounds and movement. Discussing the art of communication, followed by a Deep Body massage, to areas of the body you feel comfortable to expose.

Stage 3.

Introducing Tantric Exercises and body movements with expression to release body armouring, followed by a Full Body massage to a completely naked body, without touching the genitals, working within the boundaries specified in the Consent Form.

Stage 4.

Introducing Deep Meditation as a way to help focus on deeply rooted negative emotions, followed by a Deep Full body massage on a naked body without touching the genitals, incorporating Deep Breath work, body movements, sounds and various Tantric rituals to help focus and open up to Kundalini awakening. As you relax your body and mind you will go into a deep Trance, when the healing begins and emotions start flowing.

Stage 5.

A lengthy consultation to introduce the features, benefits and reactions of the Yoni (Prostate – G spot - Genital) massage. A Deep full body massage on a complete naked body is followed by a Yoni (internal and external vaginal) massage with client consent.

Stage 6.

After a series of Yoni massages, you may let go, to release Amrita (female ejaculation) together with a release of a flood of Emotions that was held for many years. This will help you to unload many long held negative imprints, stuck in the pelvis due to suppression and denial. It will help you to deeply connect with your feminine side of your body to open up fully to enhance your sexuality. Object of Tantric Journey yoni healing process is to help women find their Goddess within them.

Stage 7.

Exploring intimacy as a giver and / or as a receiver by challenging one or more of the following five senses to enhance deeper connection, Intimacy, love and communication. This exploration may evoke many unpleasant emotions due to past trauma and it’s important to breath into them and let go of the negative feelings, emotions and thoughts that may come up few days after the session

vision (eye gazing) – touch – smell – talking & hearing - taste

It is recommended for you to watch the following video to understand the difference between the healer and the lover. Tantra is not about who you practice with, but how you do it with pure intention, unconditional love and presence

https://youtu.be/CRehoXWNG0w